



Reach



Racial & Ethnic Approaches
to Community Health

GREENWOOD LEFLORE HOSPITAL

*Made possible with funding from the
Centers for Disease Control & Prevention*

Chili-Rubbed Steaks & Pan Salsa / Ingredients

8 ounces ½" thick steaks, such as rib-eye, trimmed of fat and cut into 2 portions

1 teaspoon chili powder

½ teaspoon kosher salt, divided

1 teaspoon extra-virgin olive oil

1 cup tomatoes, chopped

2 teaspoons lime juice

1 tablespoon chopped fresh cilantro or parsley

Recipe inspired by EatingWell.com

Cooking Instructions

1. Sprinkle both sides of steak with chili powder and $\frac{1}{4}$ teaspoon salt. Heat oil in a medium skillet over medium-high heat. Add the steaks and cook, turning once, 1 to 2 minutes per side for medium-rare. Transfer the steaks to a plate, cover with foil and let rest while you make the salsa.
2. Add tomatoes, lime juice and the remaining $\frac{1}{4}$ teaspoon salt to the pan and cook, stirring often, until the tomatoes soften, about 3 minutes. Remove from heat, stir in cilantro and any accumulated juices from the steaks. Serve the steaks topped with the salsa.

Nutritional Information

Yield: 2 servings

Each serving provides:

Calories: 192

Total fat: 8 g

Saturated fat: 2 g

Cholesterol: 81 mg

Sodium: 359 mg

Fiber: 4 g

Protein: 26 g

Carbohydrate: 4 g

Potassium: 515 mg